

The Mirabella Monthly

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MAY 2024

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PNB'S "COPPELIA"

BY SHEILA DIETRICH

There are many similarities between Pacific Northwest Ballet's recent *Swan Lake* and the production of George Balanchine's *Coppélia* that PNB currently performs. Both have gorgeous musical scores (by Tchaikovsky and Léo Delibes, respectively), both are notable for lush costumes and scenic designs, and both feature beautiful choreography. One further similarity: both heroes (Prince Siegfried in *Swan Lake* and Franz in *Coppélia*) are easily tricked by fakes. In Siegfried's case, he falls for the malevolent Odile, mistaking her for his beloved Swan Queen, Odette. In Franz's case, he falls for a life-like doll reading on the balcony of Dr. Coppélius's workshop, and temporarily abandons his sweetheart, Swanilda. One major difference (spoiler alert!): *Coppélia* has a happy ending, with a joyous wedding celebration.



Kaori Nakamura as Swanilda (pretending to be the doll Coppélia come to life) with Peter Boal as a stupefied Dr. Coppélius (2010 photo © Angela Sterling, courtesy of PNB)

MISTAKEN IDENTITY

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Coppélia, in several versions, has graced PNB’s stage for almost fifty years. “The Girl with Enamel Eyes” first worked her wiles on Seattle audiences, as well as on Franz, the ballet’s charming but not very intelligent hero, in May 1977. That production was choreographed (in the style of Marius Petipa) by Melissa Hayden, the ballet mistress/artistic director of Pacific Northwest Dance from late summer 1976 to May 1977. Guest artists for the gala performance were Cynthia Gregory and Jacques d’Amboise. In subsequent years’ performances of *Coppélia*, the company did not require internationally known guest artists to attract audiences.

The end of the company’s first year under the artistic direction of Kent Stowell and Francia Russell saw the second version of *Coppélia* to appear on PNB’s stage, with choreography by Stowell. This version premiered in June 1978, and featured new sets designed by Robert O’Hearn to go with costumes that had been used the previous year. Stowell’s *Coppélia* differed from other versions in his inclusion of Dr. Coppélius in the festivities in the third act. In many versions of the ballet, when Coppélius interrupts the celebrations with complaints about the destruction of his workshop and his dolls, it is the burgomaster of the village who gives him compensation money, which Coppélius takes and then departs. In Stowell’s version, Swanilda responds to Dr. Coppélius’s complaints by offering him her dowry to compensate him for the destruction and heartbreak she and her friends caused. Dr. Coppélius has a change of heart at that point, returns the money to the young couple, and joins the village community enjoying the celebrations. This production continued to be performed periodically during the twenty-eight-year tenure of Stowell and Russell. In the late 1970s and 1980s, Stowell himself appeared in some performances as Dr. Coppélius.



Swanilda (Kaori Nakamura) and a wiser Franz (Jonathan Porretta) celebrate their wedding (2010 photo © Angela Sterling, courtesy of PNB).

After Peter Boal succeeded Kent Stowell and Francia Russell as Artistic Director at the beginning of the 2005/2006 season, he began planning to bring to Seattle the *Coppélia* that had played a significant role in his ballet career, the production of George Balanchine. In 1974, Balanchine and Alexandra Danilova had “recreated and reconstructed” for New York City Ballet the production they had grown up with in Russia. As a very young ballet-goer, Peter Boal was inspired to become a dancer by George Balanchine’s *Coppélia*; later, as a member of New York City Ballet, he performed in the *corps de ballet* and in the role of Franz. PNB’s production of Balanchine’s *Coppélia*, featuring stunning newly designed sets and costumes by Roberta Guidi di Bagno, premiered in June 2010. Boal, like Kent Stowell in earlier years, has entertained Seattle audiences with his performances in the role of Dr. Coppélius.

Swanilda, Franz, and Dr. Coppélius return to McCaw Hall May 31–June 9. Anyone seeking vibrant characters, beautiful music, whimsical and lush designs, and choreographic delights (not to mention a happy ending) should take note.

VERY IMPORTANT DATES!

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WE'RE ALL MAD HERE

BY MARY JOSSEM

Are we all mad here? Maybe. By now, from the posters announcing the Mirabella Seattle Foundation's 2024 Annual Fund Drive, you may be just like Alice and getting "curiouser and curiouser" about what to expect at the Foundation's May 6 kickoff event in Emerald Hall. Without disclosing too many details, be assured you will be



entertained by *Alice in Wonderland* characters such as the Mad Hatter, Alice, the White Rabbit, the Cheshire Cat, the Caterpillar, Tweedle Dee, and Tweedle Dum. You may even encounter a talking rose bush or dancing flowers. And don't be surprised if the Red Queen makes an appearance too.

While you participate in the madness and enjoy refreshments, you will also learn about the Foundation's mission to support and enhance the quality of life for Mirabella Seattle residents, staff, and local community.

The Foundation strives to fulfill its mission through three funds: Resident Assistance, Employee Benefits, and the General Fund. Resident Assistance provides financial support for residents who, through no fault of their own, may need assistance for such things as medical supplies, clothing, or covering basic expenses.

The Employee Benefits fund has two components: Employee Scholarships and Employee Emergency Assistance. Scholarships are provided quarterly to employees who may study in the field of their

choice at qualifying institutions. Recognizing the value of educational opportunities for employees and rising tuition costs, the Foundation's Board of Directors recently approved raising the eligible assistance from \$2,500 to \$5,000 per quarter. Employees who work at least twenty hours per week and have completed their ninety-day trial period are eligible to apply. Since inception, over 400 scholarships have been awarded totaling over \$494,000.

Employee Emergency Assistance provides employees financial assistance of up to \$2,500 per event for those who may find themselves in unexpected adverse life situations.

The General Fund provides grants to support and enrich our residents and our local community. It is through this fund that every Mirabella resident has an opportunity to advocate funding for specific needs both in Mirabella and in our community. This fund sponsors the Osher Lifelong Learning Institute at the University of Washington and makes grants to community organizations such as the Recovery Café, Medic One Foundation, the South Lake Union Community Council, and YouthCare. The Foundation also provides funding for the monthly resident flower arranging activity in Memory Care and for the raised flower beds on the third-floor balcony of Assisted Living.

You will have an opportunity to help the Foundation continue to grow and keep its safety net strong by supporting the fund drive between May 6 and June 7. Emerald Hall doors will open at 3 pm on May 6 with the *We're All Mad Here* event starting at 3:30 pm. As the White Rabbit might say, "May 6 is a very important date. Don't be late!"

For The Mirabella Seattle Foundation,
David Webber, Chair

WHO DOES WHAT AT MIRABELLA

RESIDENT COUNCIL, 2024–2025 COUNCIL & RESIDENTS’ ASSOCIATION MEETINGS



Mike Waring,
President, 2023–2024,
Box 527, x 1585,
urbandoc@hotmail.com



Julia Wan, Vice
President, 2023–2024,
Box 1110, x 1852,
juliawan1@gmail.com



Cathy Short,
Secretary, 2023–2025,
Box 1118, x 1860,
cathyashort@gmail.com



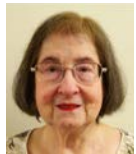
Alice Arrington,
Treasurer, 2022–2024,
Box 800, x 1749,
alicebelle6@gmail.com



Nancy Eliason, Member-
at-Large, 2023–2024,
Box 715, x 1842,
nleliason@gmail.com



Jane Beer, Member-at-
Large, 2023–2025,
Box 734, x 1747,
lil_jane@hotmail.com



Janice Kaplan-Klein,
Member-at-Large, 2023–
2025, Box 830, x 1779,
jkreachtr@earthlink.net



Louise Lowry, Member-
at-Large, 2023–2024,
Box 607, x 1684,
lklowry@aol.com

Residents’ Association Meetings are held on the first Tuesday of the month at 11 am in Emerald Hall. Resident Council meets on the second and fourth Tuesday of the month at 9 am in Conference Room A. Residents are welcome at all Council meetings.

RESIDENTS’ ASSOCIATION COMMITTEES & CHAIRS, 2024

For a committee meeting time & place, consult the calendar, contact the chair, or go to [MIRANET SEATTLE](#)>Groups>Committees

| Committee or Group | Chair/Cochairs | Contacts |
|---------------------------------|--------------------------------|------------------------------------|
| Active Arts | Barbara Porter Tricia Brink | Box 902, x 1885 Box 600, x 1677 |
| Art | Linda Berkman | Box 513, x 1861 |
| Dining | Gail Temple | Box 1002, x 1820 |
| Emergency Preparedness | Matt Jamin | Box 1028, x 1635 |
| Employee Appreciation | Sally Hahn | Box 1120, x 1755 |
| Environment & Facilities | Nickie Askov | Box 1116, x 1858 |
| | Jerry Smedes | Box 1021, x 1617 |
| Finance | David Webber | Box 1122, x 1864 |
| Health and Wellness | Bob Lewandowski | Box 408, x 1731 |
| Library | Martha Oman | Box 501, x 1642 |
| Lifelong Learning | Pat Harris | Box 524, x 1600 |
| Mirabella Seattle Foundation | David Webber, Chair | Box 1122, x 1864 |
| Nominating | Laura Bailey | Box 432, x 1813 |
| Outside Activities | Míceál Vaughan | Box 434, x 1639 |
| Program | Sally Hayman | Box 828, x 1640 |
| | Kitty Dow | Box 517, x 1658 |
| Welcome | Sue Herring | Box 709, x 1556 |

SERVING YOU

MAY 2024

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RESIDENT SERVICES

Bri Bailey, Resident Services Director

Community Happy Hour

Tuesday, May 28; 3–4:30 pm, NW/West Dining Room

Residents are invited to enjoy a Community Happy Hour hosted by Resident Services. Please come to mingle and enjoy wine and light hors d'oeuvres!

Health Clinics Available to All



The following clinics are being held for Independent Living (IL) residents in seventh-floor Suite 726, accessible from the C elevator. Please do not go to the room unless you have a scheduled

appointment. Do not bring food or drink with you. For questions, please contact Bri Bailey, x 1418, or bnbailey@retirement.com.

Podiatrist

Thursday, May 9; 8:30 am–3 pm, Suite 726

Dr. Mak Abulhosn, DPM, is available in Suite 726 for morning appointments for IL residents. Health Services residents will be seen in their locations after lunch. For appointments, call Mercer Island Foot and Ankle at (206) 275-9117. You will need to bring Medicare and insurance cards and fill out all necessary paperwork at your first appointment.

Audiologist: Seattle Hearing Services

Tuesday, May 14; 9:30–11 am, Suite 726

Dr. Patricia Munson offers hearing assessments the second Tuesday of every month. For appointments, contact Patient Care Coordinator/Office Manager, Seattle Hearing Services at info@seattlehearingservices.com or at (206) 937-8700.

Foot Care Clinic

Monday and Tuesday, May 20 and 21, 27 and 28;

Suite 726; call for appointment and fee schedule

Bonnie Ackles, RN, CFCS, is a former Advanced Registered Nurse Practitioner who is also a board-certified Foot Care Nurse Specialist. Foot Care Clinic is held on the third and fourth Monday and Tuesday in Suite 726. For appointments and rates, call or text Bonnie Ackles, RN, CFCS, at (206) 940-0748.

Counseling Service

Wednesdays, weekly by appointment only

Janelle Jensen, MS, LMF, is a marriage and family therapist in the Seattle area and will act as a resource for therapy or family consultations or support. She has professional experience in adult mental health, aging, memory loss, and family caregiver support. She works with residents experiencing grief, loss, changes in health, anxiety, and depression. She can consult with families to help them understand dementia and other age-related changes, care options, navigating healthcare systems, caregiving roles, long-term planning, and similar issues. She is available on Wednesdays for in-person visits and can also be reached via telehealth and email. She offers private-pay family consultation or therapy (\$150 for 30 minutes, \$170 for 45–50 minutes). For information or to schedule an appointment, email Ms. Jensen at janellejensentherapy@gmail.com.

Massage Appointments

Wednesday and Thursday; 8 am–5 pm; Saturday and Sunday; 10:30 am–4 pm, Suite 726

Susan Stein, LMT, is available for massage services. Call x 1421 to schedule an appointment.

Acupuncture

Tuesdays and Fridays; 9 am–4 pm, Suite 726

Jennifer Lewis, MTCM, LAC, is available for acupuncture services. Call x 1421 to schedule an appointment.

ARTFUL DOODLING

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Health Center Respite



Mirabella offers respite stays in the health center when a caretaker/spouse needs a rest or needs to be away from home and his or her partner/spouse requires care.

Room and board are covered under the temporary stay program for a maximum of ten days in a calendar year, although respite stays can certainly be longer if a resident wishes to pay privately for additional days. All admissions to the health center require a physician's visit, an order to admit, and other clinical documents to be submitted prior to admission. For more information or to schedule a respite stay please call Quynh Truong, Health Center Admissions, at x 1455. If a resident prefers to have in-home care provided during a spouse's time away, that would be an alternative to the health center. Home care does not require the same documents prior to establishing care but is not covered under the temporary free stay program and therefore is a private pay cost.

Max Kuhlman, Health Services Administrator

ACTIVE ARTS

Tricia Brink and Barbara Porter, Cochairs

Watercolor

Thursdays, May 2, 9, 16, and 23; 12–1:15 pm, Art Studio 507; registration required

Continue your journey into watercolor with Maja Sereda. Learn how to do washes and special effects while painting fruit, landscapes, marine life, and small creatures. All levels are welcome. Supplies depend on the needs of the individual. Please register in the red notebook in the Resident Business Office. Coordinator: Tricia Brink.

Drawing

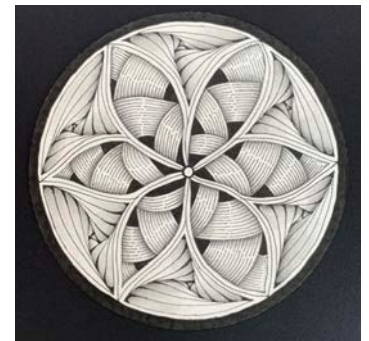
Thursdays, May 2, 9, 16, and 23; 1:30–2:45 pm, Art Studio 507; registration required

You asked for drawing classes so we and Maja Sereda have responded. Maja teaches students at all levels so you can continue to hone your skills or begin your exploration. You may choose to draw in your favorite medium from pencils, charcoal, to pen. Themes will include landscapes, botanicals, animals, and still life. Supplies depend on the needs of the individual. Please register in the red notebook in the Resident Business Office. Coordinator: Tricia Brink.

Zentangle

Tuesdays, May 7, 21, and 28; 1–2:30 pm, Art Studio 507; registration required

Try your hand at calming meditational drawings. If you like to doodle on paper, then you're going to enjoy the art of Zentangling. Zentangle® (a blend of meditative practice with the purposeful drawing of repetitive patterns or artistic tangles) has been copyrighted by



A Zentangle created by Susan Ingham

Rick Roberts and Maria Thomas. This movement is relatively new and has become a popular art form that can be used to reduce stress, increase wellbeing, and enhance relaxation (hence the "Zen"). It uses simple patterns (called "tangles") and forms such as dots, lines, and orbs to create a unique piece of art. You don't need to know how to draw. Come join Susan Ingham, a certified Zentangle teacher, in a series of three classes that will introduce you to this fun form of artful doodling. Put a little extra calm in your day as you nourish your creativity. There is a \$25 one-time supply fee, and the class is limited to ten students. Sign up in the red notebook in the Residents Business Office. Coordinator: Sandra Jaech.

CHALLENGING YOUR MIND

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HEALTH & WELLNESS COMMITTEE

Bob Lewandowski, Chair

Memory, Forgetting, and Aging with Dr. Michael Vitiello

Tuesday, May 28; 3:30–4:30 pm, Emerald Hall



Michael Vitiello

This program by Michael Vitiello will cover topics that are of interest to all residents. He will include: the processes of memory and forgetting; how these processes change as we age; and what is normal forgetting as we age, and what is not. Plus, some tips about keeping your memory

sharp. Michael is Professor Emeritus of Psychiatry and Behavioral Sciences at the University of Washington. He is a Fellow of the American Academy of Sleep Medicine, and the Gerontological Society of America. Michael has authored over 500 scientific publications which have been cited over 35,000 times. Coordinator: Bob Lewandowski.

LIFELONG LEARNING COMMITTEE

Pat Harris, Chair

OLLI-UW May Zoom Lectures

Osher Lifelong Learning Institutes (OLLI) is a continuing education program for adults over fifty who love to learn. Courses are made available at universities throughout the United States, including the University of Washington.

Cybersecurity, AI, and the Future

Wednesday, May 1; 12–1 pm, Zoom

Pre-registration Zoom Link:

<https://washington.zoom.us/meeting/register/tJwqcumorD4iHdAfPRK4Yvwg-55xAGmyDSR9>

David Aucsmith is Senior Principal Research Scientist at the Applied Physics Laboratory at the University of Washington and Affiliate Professor of Computer Science & Electrical Engineering who teaches computer security. He will talk about the current state of cybersecurity, addressing criminal and nation-state activity, the use of artificial intelligence, and what the war in Ukraine has taught us about cyber warfare. His background as an industry representative to numerous international, government, and academic organizations has given him many insights into cyber security that he will share in this session.

Does antitrust law affect me?

Wednesday, May 15; 12–1 pm, Zoom

Pre-Registration Zoom:

https://washington.zoom.us/meeting/register/tJluc6qj8rHNVEb5lCSeDlwhz1iieLB_cS

Douglas Ross, a Professor of Practice at the University of Washington School of Law since 2010, will speak on how antitrust laws affect us. Professor Ross will share with us how antitrust laws may have an impact on us as shoppers, people who fly, and people who use health care. He will address the question: Do we need new laws for the tech age? Ross began his career four decades ago with the Antitrust Division of the Department of Justice in Washington, D.C. He then joined the Seattle office of Davis Wright Tremaine, LLP, where he practiced for thirty-five years with a concentration in antitrust and health care and served for six years as chair of the Litigation Department. He has many stories to share with us.

Paul Schmid on Fun with Your iPhone, Session 3

Wednesday, May 1; 3:30–4:30 pm, Emerald Hall

Paul will continue to work with us on learning more

REMEMBERING OUR PAST

about using our iPhones. Even an expert might learn a trick or two.

The Past Meets Present in Stories of Our Times
Wednesday, May 8; 1:30–2:30 pm, Emerald Hall and Zoom

Mina Miller, Founder and Artistic Director of Music of Remembrance (MOR) will make her second appearance at Mirabella in 2023–2024. She will share some pathbreaking highlights from MOR’s first quarter century. She will use pictures and clips of former concerts held by MOR that contain live music, operatic voices, and ensembles. In this current season Music of Remembrance has commissioned and premiered more than forty new works by some of today’s leading composers to tell stories that the world needs to hear or to receive by sign language.



Scene from Jake Heggie’s opera, “For a Look or a Touch,” with bass-baritone Ryan McKinny and actor Curt Branom – photo, Shaya Lyon, copyright Music of Remembrance

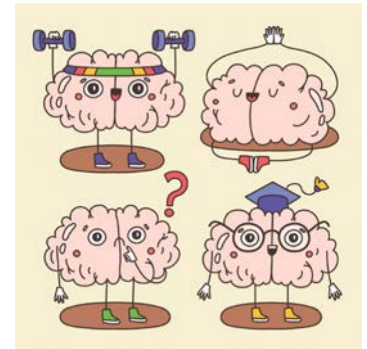
Mina will introduce *Before It All Goes Dark*, the new opera MOR has commissioned from composer Jake Heggie and the librettist Gene Scheer. This one-act opera is based on a true story of an ailing Vietnam veteran who learns he is the sole heir to a priceless art collection stolen by the Nazis from a great-great uncle he never knew existed.

The new opera will premiere in Illsley Ball Nordstrom Recital Hall at Benaroya Hall, 4:30 pm, May 19. Coordinator: Barbara Daniels.

OLLI-UW Lunch and Learn
The Secret Lives of Memories

Monday, May 13; 12–1 pm, Emerald Hall

Please join us with or without lunch for this in-person-only Lunch and Learn. Andrea Stocco and Chantel Prat will outline how our memories have complex hidden lives and explain what can happen to them without our conscious



awareness. Through their covert activities, our memories may be strengthened or forgotten. Stocco and Prat will describe their new understanding of these mechanisms, how they change as we age and are compromised by disease. Finally, they will discuss how we might leverage what is known about memory to maximize learning and growth opportunities over a lifespan.

Chantel Prat, of the Cognition and Cortical Dynamics Laboratory, is particularly interested in how biology and experience interact to shape the learning of complex skills. Andrea Stocco is an Associate Professor at the Department of Psychology and the Institute for Learning and Brain Sciences (I-LABS), and co-director of the Cognition and Cortical Dynamics Laboratory. Stocco’s research concerns how humans use abstract mental representations (like rules, instructions, and plans) to perform complex tasks, and how this knowledge can be used to improve learning and skill acquisition. Coordinator: Pat Harris.

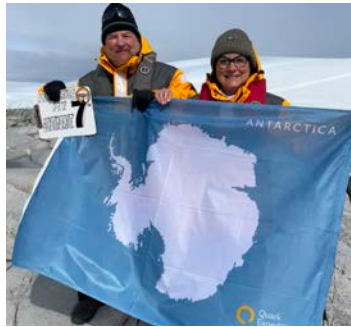
Resident Revelations with Mary Baroni and Michael Vitiello: *Adventures at the Bottom of the World*

Tuesday, May 14; 3:30 pm, Emerald Hall and Zoom
 Mary Baroni and Michael Vitiello moved into

DOWN SOUTH § WISE WORDS § BUS IT

MAY 2024

Mirabella in mid-October 2023, and after less than three months with us they left for a month-long adventure in Patagonia and Antarctica. The trip they



Michael Vitiello and Mary Baroni

will share combines Mary’s goal of an Antarctica adventure with Michael’s passion to visit Patagonia. They packed for both summer and winter weather and headed to the bottom of the world, January 11 through February 9.

Mary and Michael will tag-team their presentation with many pictures, short videos, and lots of fun stories. If you haven’t visited the bottom of the world, you’ll want to after viewing our May Resident Revelation. Coordinator: Judy Waring.

Wisdom, Three Talks

Wednesdays, May 15, 22, 29; 3:30–5 pm, Emerald Hall and Zoom



David Smith

David Smith is returning to Mirabella for the first time this year to share with us his insights on wisdom. Wisdom is the ability to apply knowledge in the real world in a constructive way, to enrich our individual lives, and to

make the world a better place. It is often found at the intersection of theory and experience. How does modern expertise benefit all of us, and how can we convince the general population to value it? How does life experience create wisdom? In this series we explore the biological, philosophical, social, scientific, and experiential aspects of wisdom and

analyze what ancient and contemporary sources have to say about it.

Smith teaches for the Osher Lifelong Learning Institute at the University of Washington.

Coordinator: Pat Harris.

OUTSIDE ACTIVITIES COMMITTEE

Míceál Vaughan, Chair

Bri Bailey, Resident Services Director

Clint Turner, Security & Transportation Manager

David Miller, Wellness Director

Bus Schedule Notes: *The Mirabella Monthly* lists both the departure time from Mirabella and the estimated pickup time from the destination. A grocery visit is an hour to an hour-and-a-half, subject to the needs of the shoppers. Times listed for other activities depend on the activity. For all trips, please be in the lobby fifteen minutes before departure to allow the bus to load and leave on time. You must be on board the bus at the announced time of departure.

To Make or Cancel a Reservation – NOTE NEW PROCEDURE:

To reserve a place for any of the events scheduled by the Outside Activities Committee—listed here below, and also on



various online and printed calendars, and the Transportation pages on MIRANET—call (or visit) the Front Desk (x 1400) at least forty-eight hours before the trip. When you register with the Front Desk, they will be able to tell you whether you are on the list (which they keep current)—or whether you are on the waiting list. If your plans change and you are unable to make the trip, please cancel and allow someone who is waitlisted to use the space.

OUTINGS FOR PLEASURE AND PLANTS

You may also cancel your reservation by calling the Front Desk at x 1400.

Emergencies: If you are signed up for a trip and experience an emergency that requires attention, such as an injury, medical event, or any other problem that prevents you from getting to the bus, please communicate immediately and directly with the Mirabella Front Desk at (206) 254-1400.

Grocery Trips



- Ballard Market/Safeway**, Fridays, May 10, 24;
10–11:45 am
- Costco**, Wednesdays, May 1, 15; 9:45–11:30 am
- Fred Meyer/PCC/Trader Joe’s**, Fridays, May 3,
17, 31; 10 am–12 pm
- Metro Market/CVS**, Mondays, May 6, 20;
10–11:45 am
- QFC/University Village**, Mondays, May 13, 27;
10 am–12 pm

Walks

- Saturdays, 9:30–11:30 am pickup*
- May 4 Myrtle Edwards
- May 11 Kubota Gardens
- May 18 Green Lake
- May 25 Seward Park

Coordinator: Ardelle Knudsen, x 1811.

Sunday Church

Sundays, May 5, 12, 19, 26; 9:15–10:30 am
The bus goes to Christ Our Hope. Other church trips are by reservation only.

Cultural Events

- ACT Theater**, *The Lehman Trilogy*: Saturday,
May 4; 1:15–4:15 pm
- Met Live in HD**, *Madama Butterfly*: Saturday,
May 11; 9:15 am–1:20 pm

- Seattle Opera**, *The Barber of Seville*: Sunday,
May 5; 1–4:15 pm
- Seattle Repertory Theater**, *Fat Ham*: Wednesday,
May 1; 1:15–4:15 pm; Sunday, May 5; 11:15
am–2:15 pm
- Seattle Symphony 21A**, *Beethoven and Barber*:
Thursday, May 16; 6:45–9:45 pm

Golf

- Thursdays, 9 am–1 pm*
- May 2 Lynnwood
- May 9 West Seattle
- May 16 Nile
- May 23 TBD
- May 30 TBD

Coordinator: Dean Temple, x 1820.

Special Activities and Excursions

Swanson’s Nursery

Friday, May 3; 1–3:30 pm
Swanson’s boldly advertises itself as “Seattle’s Favorite Garden Store!” and after 100 years in business here it may well deserve that moniker. It certainly *is* a favorite among many of us here at Mirabella, and we’ll bus north just in time to get supplies for late-Spring/early-Summer planning and planting. Coordinator: Gloria Hennings, x 1793.

Seattle Baroque Orchestra: Vivaldi’s Venice

Sunday, May 5; 1:30–4:15 pm
The SBO joins with Seattle’s Byrd Ensemble to close out its season with a concert at Trinity Church that includes his ever-popular *Gloria* and two concertos: one for oboe and trumpet and one for bassoon. Coordinator: Míceál Vaughan, (206) 326-8658.

Luncheonaires: Macky’s Dim Sum (Issaquah) and Boehm’s Chocolates

Thursday, May 9; 10:30 am–2:30 pm
Come celebrate the Chinese Year of the Dragon with a lunch of Dim Sum at Macky’s in Issaquah.

BRUNCHING WITH PHIL § PIANO AND PAVILION

MAY 2024

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Choose from streaming carts of finger foods to share or enjoy made-to-order Asian dishes—try the pork spareribs in black bean sauce.

After these delicious delicacies we will drop in on Boehm’s Candies, a frequent stop for hikers, skiers, and all who are chocolate lovers. Coordinator: Jean Hall, x 1579.

Andalucia Brunch

Sunday, May 19; 10:45 am–12:30 pm

Taking a break from pancakes at the Swedish Club, we are heading to Andalucia for a breakfast overseen by our longtime Mirabella bartender Phil Hadler. A repeatedly high-ranked restaurant, Andalucia offers meals ranging from All American Breakfast, to Bread Pudding “French Toast,” to Turkish Apricot Waffle. Start Sunday with a special breakfast/brunch in a quiet, stylish venue. Coordinator: Jean Hall, x 1579.

Seattle Chinese Gardens at South Seattle College

Wednesday, May 22; 10 am–12:30 pm

A docent will meet us at the Chan Education Center to guide us through the garden and explain the design elements of Chinese garden architecture. The month of May is the best time to view peonies in the Chinese Garden. There is no admission charge, but a \$5 per person donation is suggested. After the tour, we will have time to visit the adjacent SSC Arboretum. Comfortable walking shoes are recommended for the gravel paths and grass areas. Coordinator: Julia Wan, x 1852.

PROGRAM COMMITTEE

Sally Hayman and Kitty Dow, Cochairs

Luke Raffanti, Piano

Thursday, May 2; 3:30 pm, Emerald Hall

Please join us, live, in Emerald Hall for what will be a delightful recital of Romantic piano pieces. Pianist

Luke Raffanti will perform works by Chopin, Debussy, Ravel, and Liszt that will showcase our just-tuned Steinway grand piano. Luke earned degrees in classical piano performance and environmental studies at Oberlin College and Conservatory of Music.



Luke Raffanti

He has performed in several northern and eastern European countries as well as the United States and Canada.

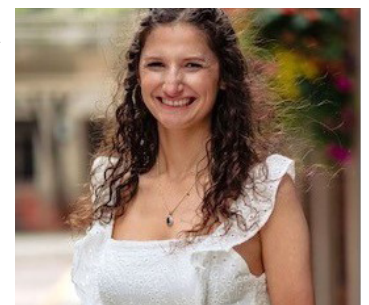
During the past eight years, Luke has established a successful career of solo and ensemble engagements, collaborations with several regional opera companies including the Seattle Opera, and piano teaching. He has also won several competitions and awards. Coordinator: Rich Atwood.

Seattle Aquarium’s New Ocean Pavilion

Thursday, May 9; 3:30 pm, Emerald Hall

Seattle’s waterfront is undergoing a once-in-a-generation transformation. At its heart will be the Seattle Aquarium’s new Ocean Pavilion. The Ocean Pavilion will take visitors on an immersive journey through the ecosystems of the Coral Triangle, a region of the Indo-Pacific known for its extraordinary biodiversity. Join Liz Thomas and Emily Malone of the Seattle Aquarium for a sneak peek into the new building and to learn how this expansion supports the Aquarium’s global conservation work.

Emily Malone is the Public Relations Specialist at the Seattle Aquarium. She was inspired to join the team



Emily Malone

CHAMBER MUSIC § MEDIEVAL ANTISEMITISM

in September 2023 and was driven by the Aquarium’s powerful mission of “Inspiring Conservation of Our Marine Environment.”



Liz Thomas

Liz Thomas is Director of Communications and Content at the Seattle Aquarium, where she supports the Aquarium’s marine conservation mission. Liz completed sustainability studies at UCLA Extension to pursue communications that advance a healthier planet. Coordinator: Rosa Lea Taylor.

Johnson-Enlow Duo: Piano and Viola Recital
Thursday, May 16; 3:30 pm, Emerald Hall



Charles Enlow and Leslie Johnson

In this program we will hear music composed by Brahms, Mozart, and Bonis. Dr. Leslie Johnson, viola, trained at Julliard; her Doctorate is from the University of Washington. An expert on viola technique and the music of J.S. Bach, she recorded the complete *Six Bach Suites*, her CD released in 2013.

Pianist Dr. Charles Enlow studied at the Juilliard School, the San Francisco Conservatory of Music, and the University of Texas at Austin. He has taught at the University of Texas at Austin, Texas State University, the Austrian-American Mozart Academy in Salzburg, and locally at Shoreline College, where he directed and produced the college’s Opera Workshop and musical theater productions. This instrumental combination is somewhat rare in

history, as is piano and string bass. However, the sounds produced by these combinations can be very beautiful. This promises to be an outstanding performance. Coordinator: Stafford Miller.

Ladies Musical Club Concert
Beethoven Violin/Cello Duo, Brahms Piano Trio
Saturday, May 18; 2 pm, Emerald Hall

The Ladies Musical Club will be ending this season’s series of concerts by welcoming back Ann Rackl, violin, Lawrence Chu, cello, and Selina Chu, piano, affectionately known as the Rackl Chu Chu Trio. To open the concert, Ann Rackl and Lawrence Chu will play the *Duet in C Major, WoO 27, No. 1 for Violin & Cello* by Beethoven. They will be joined by Selina Chu to perform *Piano Trio No. 1 in B Major, Op 8* by Brahms, played in its entirety. Many of you have heard these fine musicians in the past and know that we will be treated to a wonderful afternoon of music. Coordinator: Carolyn Burton.



Ann Rackl, Lawrence Chu, and Selina Chu

The English Origins of Medieval Antisemitism
Thursday, May 23; 3:30 pm, Emerald Hall

Robert Stacey is Professor Emeritus, University of Washington History Department, and former Dean of the College of Arts and Sciences. He also served as chair of the Jewish Studies Program and chair of the History Department. His main area of interest, before



Robert Stacey

WELCOME, SANDY, BILL...

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administration claimed him, was the study of English Jews in the Middle Ages.

Professor Stacey will share with Mirabella residents the results of his years of study of antisemitism in medieval England and his thoughts on how it relates to developments in later centuries. In an interview in November 2020, he stated “it is never a good thing when medievalists are relevant. But we are relevant in 2020 in ways that are deeply concerning. One way has to do with race. It was in the thirteenth century that racial ideas that are still with us took shape.” That might be even more concerning today than it was four years ago. Anyone interested in Jewish history or medieval history and any Anglophiles will likely find his discussion especially stimulating.

On a lighter note, he also headed the UW Advisory Committee on Intercollegiate Athletics—in case any Husky fans have sports-related questions for him. Coordinator: Sheila Dietrich.

Wagner and Kong, Cello and Piano

Thursday, May 30; 3:30 pm, Emerald Hall



*Joanne Kong and
Christoph Wagner*

Cellist Christoph Wagner and pianist Joanne Kong have performed to critical acclaim throughout Europe and the United States. Dr. Wagner’s stated mission is to transform the world through music. He has won numerous

competitions and awards and has performed with renowned conductors the world over. Dr. Kong has received praise for her eloquence of musical expression as well as her remarkable technical ability. She is the recipient of national and international honors including performance fellowships from the American Academy of the

Arts in Europe and the Bach Aria Festival, among many others. Their passion and artistry will be on display with a unique program featuring works by Debussy, Bruch, Sollima, and Rachmaninoff. This is a very special opportunity to hear two world-famous musicians in recital at Mirabella Seattle. Coordinator: Andrea Lewis.

WELCOME COMMITTEE

Sue Herring, Chair

Sandy and Bill Evenson

Sandy and Bill Evenson, both from Seattle, moved into apartment 422 at the end of March. Sandy is a graduate of Franklin High School and the University of Washington where she majored in geography and affiliated with Chi Omega Sorority. Among her many interests are gardening, reading, and hiking in the Cascades.

Bill attended Lakeside and the University of Washington where his fraternity was Psi Upsilon, and he majored in accounting. He plays the ukulele and has already joined Mirabella’s Ukulele group of active players. Both Sandy and Bill are avid hikers and Bill, especially, is an enthusiastic skier.



Sandy and Bill Evenson

GLADYS, GERRY, LYNNE, & DAVID

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The Evensons have two sons, one a banker in New Jersey and the other an accounting consultant in Tokyo.

Carolyn Blount

Gladys and Gerry Hoshijo



Gladys and Gerry Hoshijo

The last week of March saw the arrival of Gladys and Gerry Hoshijo and their cute cocker spaniel, Charlie Brown; all are now installed in Unit 1217. Gladys is a native Seattleite and a University of Washington graduate in medical technology. After graduation, she moved to California for a microbiology research job at Stanford University, combining work with study for a master's degree in statistics. The demand for software engineers induced her to change fields, and she went to work for Hughes Aircraft in Southern California, specializing in mapping technology and incidentally meeting and marrying Gerry.

Gerry grew up in Honolulu and went to college at Purdue University in Indiana, where he earned a degree in electrical engineering. He was hired by Lockheed and moved to Northern California, shortly thereafter moving to Hughes in Southern California, with the marital consequence already mentioned. He worked on defense technology during the Cold War. Except for a pleasant five-year assignment to the

Washington, D.C. area, Gladys and Gerry remained Californians as Hughes was taken over by Raytheon in the 1990s. They retired in 1998, and after one more sunny year, moved to Gladys's hometown, Seattle, in the Magnolia neighborhood.

Gladys and Gerry enjoy the performing arts, including ballet, opera, and symphony, and they look forward to Mirabella's offerings as well as those of our city. In addition, they like to fish! Every year sees a trip to British Columbia for fly-fishing and salmon.

Sue Herring

Lynne Werner and David Olsho



Lynne Werner and David Olsho
– photo, Sue Herring

Lynne and David are long-time Capitol Hill residents now installed with two attractive cats in Unit 413. Marathon veterans, they recently participated in the St. Patrick's Day Dash. Their two daughters and three adorable grandchildren all live in Seattle.

Lynne was born in Pittsburgh and grew up in West Virginia and Ohio, while David is from Philadelphia. The couple met and married as college students at Northwestern University in Chicago.

After earning her psychology degree, Lynne pursued

MUSLIM IN THE FBI § MEDIC ONE NEWS

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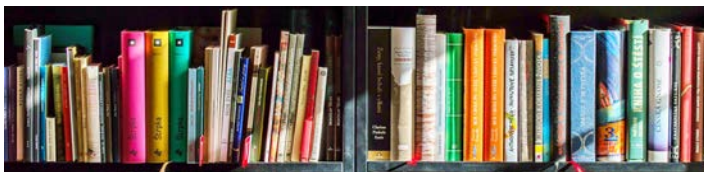
experimental psychology, earning a PhD from Loyola University. She then taught at Virginia Commonwealth University and the University of Virginia before arriving at the University of Washington in 1986, where she is now Professor Emeritus of Speech and Hearing Sciences. Her area of research is hearing development in infants.

David was strongly encouraged by his mother toward being an actuary. He describes his choice of choosing a school of engineering for his BS as a way of studying math without having to deal with a language requirement. Similarly, he says that upon graduation his choice was either becoming an actuary or going to graduate school, so naturally he chose the former. Since insurance companies and consulting firms are always looking for actuaries, he had no trouble finding jobs wherever Lynne was teaching.

In addition to running and the grandchildren, Lynne enjoys British TV mysteries and David is addicted to crossword puzzles and Wordle. They both enjoy classical music, opera, and baseball. They are great additions to our community. Let's make them welcome.

Sue Herring

BOOK CLUB NEWS



Fourth Monday of each month; 3:30 pm,
Conference Room A

May 27 – We will be discussing *American Radical* by Tamer Elnoury. This is a memoir relating the author's experience as a Muslim FBI agent

infiltrating and bringing down a terrorist cell in this country.

June 24 – *Can't Wait to Get to Heaven* by Fannie Flagg is our June selection. This seriocomic novel asks deceptively existential questions about our purpose here on Earth.

Everyone is welcome to join us. Coordinator: Tina Moss.

REPORT FROM THE FRIENDS OF MEDIC ONE AT MIRABELLA

Glenda Maledy, Chair

We are very pleased to share that, thanks to the generosity of the entire Mirabella community, we have achieved our goal of raising \$50,000 to fully fund the training of two of the six Seattle Fire Department students in Paramedic Training Class 50, which began in September. More than fifty residents joined together with gifts of all sizes to help us achieve our goal. We are so grateful to our generous community. Thank you, one and all!



*Austin Kimerer and
Corey Butler – photo
courtesy of MedicOne
Foundation*

We are excited to introduce Austin Kimerer and Corey Butler, the Mirabella Paramedic Training Scholarship recipients for 2023–2024.

Austin, Corey, and the others in Class 50 are progressing well in their training. They are in the second block of the training program and recently completed their first all-day, hands-on drill. We look forward to continuing to report on the students' progress over the next several months.

THE BAT FLIES § WE WALK FOR PARKINSON'S

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Hands-on CPR/AED Training

Tuesday, May 21; 3:30–4:30 pm, Emerald Hall
Save the date for our complimentary CPR/AED training session at Mirabella. There is no better time than now to learn or re-learn CPR. It could help save the life of a friend, neighbor, or loved one!

Friends of Medic One at Mirabella Committee

OPERA CLUB NEWS

Die Fledermaus by Johann Strauss (1825–1899)

Monday, May 13; 2 pm, Emerald Hall

In Strauss's sparkling comic operetta *Die Fledermaus*, our heroine, Rosalinde, has a double dilemma: her husband Eisenstein needs a lesson in fidelity; but she herself is being pursued by the ardent Alfred, a former beau. Because it is New Year's Eve in romantic Old Vienna, and because ladies' maids and lawyers are thrown in for fun, the solution *of course* is for everyone to don a disguise and attend Prince Orlofsky's ball. What could go wrong?



Lucia Popp as Rosalinde

Our showing of *Die Fledermaus* is a recording of a live performance at the Vienna State Opera from 1980. It stars Lucia Popp as Rosalinde and Bernd Weikl as Eisenstein. The conductor is Theodor

Guschlbauer, with stage direction by Otto Schenk. The staging, sets, and costumes have all the opulence, color, and authenticity you expect from a Viennese performance of this opera, which has been staged in that city every New Year's Eve since 1900. *Die Fledermaus* is often called the queen of operettas, "uniting everything that ensures a work's success," writes Gottfried Kraus in the liner notes. The libretto is a brilliant adaptation of a wild

Parisian vaudeville show. Strauss, already beloved for his waltzes, barricaded himself in his villa and wrote this "masterpiece of controlled musical tension" in just six weeks. The result is a hilarious, farcical plot carried forth on sublimely beautiful music, as effervescent as champagne.

Upcoming Broadcast from The Met Live in HD

Saturday May 11; 9:15 am departure, Thornton Place Cinema at Northgate

Puccini's *Madama Butterfly*. A new production by Anthony Minghella, starring soprano Asmik Grigorian and conducted by Xian Zhang. Sign up by calling x 1419.

Andrea Lewis

WALK FOR PARKINSON'S 2024

Saturday, May 25; 10 am, Mirabella Courtyard



Mirabella residents at the 2022 Walk for Parkinson's

Please mark your calendars for the Northwest Parkinson's Foundation Annual Walk which will be held in our courtyard. This event raises money for the Northwest Parkinson's Foundation (<https://nwpf.org>), an organization that aids people with Parkinson's and their caregivers. Participants will walk around the courtyard at their own pace, accompanied by family members who wish to join us, to the sound of background music and lots of people chattering. We have invited residents and families of Skyline and Horizon House to join us. At 10:30 a group photo will be taken by the pool.

LENDING SUPPORT

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To participate on May 25, you may sign in at the registration table in the lobby outside Emerald Hall. We will provide handouts, donation envelopes, and a limited number of T-shirts for those who donate. You may join the walk whether or not you contribute.

To register online, go to the Northwest Parkinson's Foundation website: <https://nwpf.org>.

Click on the button that says: "NWPF Walk for Parkinson's 2024 - Register today." Then click on the "SEARCH FOR YOUR TEAM" button. Click on "Mirabella Seattle." Then click on either "Join our team" or "Support us" and follow the directions given. We look forward to seeing you and appreciate your participation and support. Coordinator: Maria Fiore.

SUPPORTIVE FRIENDS

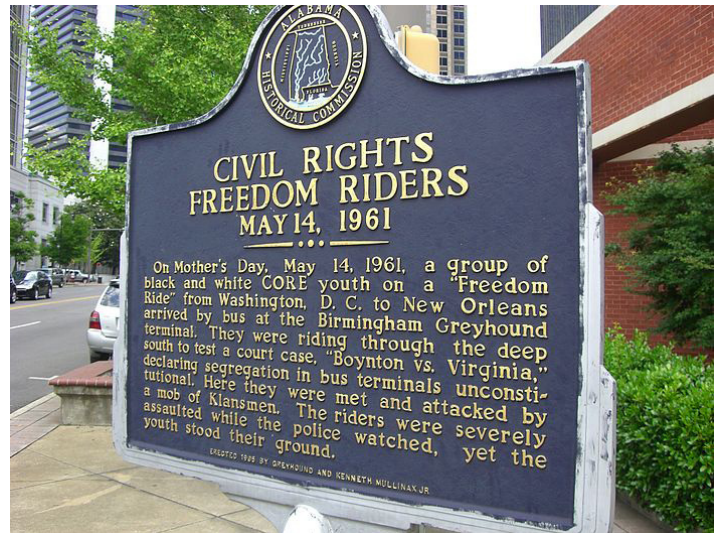
Tuesday, May 7; 5:30 pm, Vineyard Room

Join the Supportive Friends, a Mirabella group of bereaved residents that meets the first Tuesday each month for dinner, conversation, and support. All Mirabella residents are invited. Menu selection forms are put into the mailboxes of regular attendees at the beginning of the month. For more information and menu forms call either cochair, Carolyn Blount, x 1644, or Natalie Siegel, x 1698.

MY BRIEF CAREER AS A FREEDOM RIDER

BY JIM LUTZ

In March 1965, nearly sixty years ago, on the threshold of graduation from St. Louis University, I participated as a "Freedom Rider" in a civil rights demonstration in Montgomery, Alabama. The demonstration was on the last day of a march from Selma to Montgomery, to end with a speech by



Freedom Riders plaque in Birmingham, Alabama – source, Wikipedia

Martin Luther King, Jr. on the steps of the state Capitol. The objective was to encourage passage of a Voting Rights Act to empower "Negroes."

About 100 of us made the trip in several buses. We were students and faculty, lay people and religious folks. We were not seasoned protesters, but we had all been appalled by televised images of peaceful demonstrators being beaten, whipped and tear gassed by Alabama state troopers earlier in the month on the Edmund Pettus Bridge near Selma, on what become known as "Bloody Sunday," March 7. The situation in the South cried out for justice. We wanted to show solidarity with the civil rights movement and lend our voices to the protest. We were more than a little righteous.

We boarded the buses on campus the afternoon of Wednesday, March 24. The march was already in progress, having started in Selma the Sunday before. We were pretty proud of ourselves for holding the moral high ground, but nervous about making a trip to the South. We spent a lot of time singing "We Shall Overcome." I think all of us were white.

MIRABELLANS CARE

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It was a long drive in the rain from St. Louis to Montgomery. As we drove further and further south, it felt like we were entering a different, more dangerous country, especially after the sun went down. The mood of people on the bus shifted and grew more serious. Organizers gave us tips on protecting ourselves by curling up if attacked. We were advised not to carry sharp objects or ball point pens in case we were searched by police.

At 3 am we crossed the state line entering Mississippi from Tennessee. We were now in the deep South, and I felt like we were entering a war zone. I had seen pictures of buses being attacked and burned and had read about lynchings and shootings of Negroes. I slept fitfully until we stopped in Birmingham for breakfast. It was the first time I ate grits. It was also the first time I had ever encountered “Whites Only” signs at drinking fountains and restrooms. We were definitely in the South now and did not feel welcome.

We arrived in Montgomery later that morning. At a staging area, we mingled with Black and white protesters, gave each other hugs, and sang. I caught sight of folksinger Joan Baez in the crowd. She had been one of many celebrities who entertained the marchers as they camped for the night. She was barefoot.

The march resumed, and we joined others eight abreast as we sang and walked to the Capitol. Angry white people taunted us along the way. It was scary. We were lucky that President Johnson had federalized the Alabama National Guard and sent the FBI to protect us, but it felt like there weren't very many of them.

By the time we reached the steps of the Capitol, the crowd of marchers had reportedly reached 25,000. The Confederate battle flag flew above the Capitol dome. After a while, there were speeches, the most memorable being by Martin Luther King, Jr. I can't

remember what he said, but I have since learned that it was known as the “How Long?... Not Long” speech. This was when King noted that “the arc of the moral universe is long, but it bends toward justice.” It was a sacred moment I will never forget. Afterwards, we found our buses and headed for home with a sigh of relief. We heard later that a woman from Detroit named Viola Liuzzo was shot and killed by three members of the Ku Klux Klan on the final day of the march while giving a ride to a black man. The thought occurred to me that a bullet could just as easily have come through a window of our bus.

I phoned in a short news item to the college newspaper before we left Montgomery. It was published the next day. That was the end of my brief career as a Freedom Rider.

A CULTURE OF CARING AT MIRABELLA SEATTLE

BY SHERYL FELDMAN

Maybe one of us had a close brush with those pesky scooters—those that whisk by our front door without a sideways glance. Maybe someone lamented seeing another ugly snarl quoted in the press. But our dinner conversation turned to an assessment of American culture today: Is it actually harsher now or is it just that we are old and remember gauzily of a time when children called us Mr. and Mrs. and politicians referred to one another as “esteemed colleagues”?

No matter how we set our point on that scale, we agreed that it feels more indifferent out there. We don't chat with the checkout clerk in the grocery store; we stand at a kiosk. We don't walk into a bank and exchange pleasantries with a bank teller. We are aggravated by phone options and wait queues

MOON SHADOW

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Cal Crow and Margot Hill – photo, S. Feldman

and...when, for heaven's sake, can I talk to an actual human being in the health care system! Does anyone but me care?

Like most everyone else, I've tried to acclimate to the impersonality of daily life; perhaps I've even hardened. I know I've learned to hide my vulnerabilities—and therefore myself—and to fake competence. I've felt the absurdity of self-reliance.

I brought those lessons that are now habits with me when I first walked through the doors of Mirabella as a resident. But only a few weeks later, I was striding briskly down the first-floor hallway when I came up short behind someone using a walker. They were in the middle of the hall, thereby slowing me down. I looked for a way to brush past, to not lose time, when it occurred to me that I *could* slow down, appreciate their pace, even wonder what they saw—walking slowly—that I had been missing. I relaxed. I actually felt a rush of love for humanity. Good grief, where did that feeling come from?

The place, this place has softened me. Here, people seem to look out for each other. I'm not talking about partners who are full-time caregivers (more on that another time), but about the infinite number of small, often silent kindnesses people show one another. Alice Arrington sits a friend's cat. Barbara Daniels takes chicken soup to Nancy Finley. I

watch tiny Makiko Doi stabilize Barbara Standal as she edges her way from walker to dining room chair. I observe Fred Short encouraging people with Parkinson's to speak up, speak louder, make themselves heard. I hear people speak up on behalf of those who don't hear well. I notice diners patiently listening to stories they've heard many times before. I see "Thank you" for birthday greetings glimmer in my stream of email messages. I get so many genuine questions about how I'm faring after some small, unfortunate event in my life, that I concede that thoughtfulness spreads like incense through this community.

Maybe it's because most of us are incapacitated in one way or another that we've become more sensitive to the struggles of others. Maybe long life has gentled us. But somehow (and with thanks to those residents who founded the *community* at Mirabella) we've carved out a culture of caring in a hard-edged world. I just wanted to note that.

A YANKEE IN KING SOL'S COURT

BY PAUL KEOWN

The first total solar eclipse I encountered was 12:03 pm, June 21, in the year 528 AD. I was in Camelot, wherever that was in Great Britain. The specifics of where didn't matter. The "when," however was everything. I was simultaneously holed up under the covers in Eugene, my young heart racing, engrossed in Mark Twain's *A Connecticut Yankee in King Arthur's Court*—reading long past my bedtime. This was no time to place the bookmark and close the dustjacket. Knowledge of the eclipse of the sun saved my (Hank Morgan's) life from a burning at the stake. Instead, it propelled me (him) into the role of a medieval tech genius that allowed me (him) to wield power that, well, eclipsed even Merlin's. WOW. As I read the last pages, I wondered if I

Wow! § BOOKS TO PONDER

could figure out how to predict future eclipses and if there might ever be an opportunity in my real-life future to experience a total solar eclipse. I never did figure out the prediction piece, save researching in an astronomy book, or more recently a web search engine....

The first total solar eclipse I witnessed was on February 26, 1979. I was nearing my final clinical rotations in medical school in Portland and was dating my future wife, Clyt'e. I had only a bicycle for transportation, but she had a '63 nearly rusted-out VW Bug so I had the means to cross Portland from the medical school to Mount Tabor, a cinder cone on the east side of Portland with a paved road up to a park on the top that would offer a wide spectacular view of the 8:14 am eclipse. I had been on call the night before so I was able to sign out at early rounds and head to the cinder cone. The birds did settle and the streetlights popped on as it grew cooler and darker. Due to the February Portland cloud cover, there was no bite of the moon's shadow Pac-Manning across the sun, no diamond ring, no Bailey's beads; but at totality it did quickly and markedly darken and cool, and the birds flushed as the light returned to the sky. So as an eclipse it was special, but also a definite "miss."



Pinhole effect of partially occluded sunlight on the ship's deck – photo, P. Keown

With the next North American total solar eclipse scheduled in 2044, I figured I should do my best to capture totality for the April 8, 2024, eclipse at a pretty-sure-to-have-clear-skies locale. I joined with friends from the Portland area on a cruise from Los Angeles to Mazatlán, Mexico, figuring I'd

catch the eclipse as the moon's shadow first touched the Pacific coast. The ship's captain noted NOAA predictions for cloud cover along shore, so overnight he moved the ship 125 miles southwest offshore staying central to the eclipse's path. We awakened to clear skies the following morning and the eclipse experience was spectacular. I had solar filters for my binoculars that gave a magnification boost to observe sunspots as well as to track the progress of the moon's shadow munching the sunlight. It was the full total eclipse show this time; I was most struck when Jupiter and Venus popped into view in the "night" sky. As the total eclipse gave way to the return of direct sunlight most passengers left the ship's deck. But I stayed through the closing credits—delighted to have reunited with my childhood adventure in King Arthur's court, and now, as a "third act" adult, pondering humanity's place in the vast universe and grateful for the circumstances and this particular point where I happened to be standing to observe this spectacular solar phenomenon.

BOOKENDS: MAY I VENT?

BY MARSHA MACINNES

I've recently read several books by favorite authors who also happen to have high standing in the literary world. I found these books very disappointing.

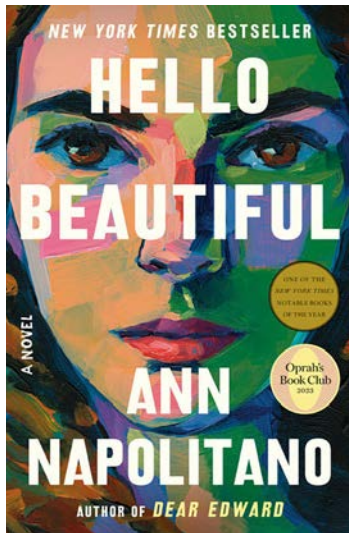
Abraham Verghese's *Covenant of Water* is way too long. He could have told his story effectively in half of the 750 pages if he had used a modicum of restraint in his descriptions, descriptions so detailed that they detracted from the story. Chapter seventy-something contained an entire medical school textbook.

Ann Napolitano in *Hello Beautiful* spent the first half of the book building beautiful, interesting characters. In the second half she has them act in

DISAPPOINTING 2ND ACTS § SHUFFLING OFF

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ways totally incongruous to their character—not just momentarily, but for twenty years.

Running Grave by J. K. Rowling, writing as Robert Galbraith, is the seventh book in the Cormoran Strike mystery series. The author kept me totally engrossed for nearly 1000 pages. Then she seemed to notice that she had exceeded her

wordcount and wrapped up the mystery in a most unsatisfying way in one paragraph. Such a letdown after a really good buildup.

Colson Whitehead’s Pulitzer and National Book Award for *The Underground Railroad* were well deserved. It was the kind of book you think about long after finishing. He followed this with the *Nickel Boys*, equally serious. I can see why he would choose a lightweight topic for his next offering, *Harlem Shuffle*. It was fine but it really did not deserve a sequel. I made it halfway through *Crook Manifesto*. I quit at the point that petty crime had progressed to murder, the cops were more of a menace than the criminals, and all participated in scenes that could compete with the Three Stooges. I will never find out how Ray Carney explained to his wife his involvement, which started by simply wanting a concert ticket for his daughter.

I was so impressed with *The Happening* by Annie Ernaux. I could see why she had been chosen for the Nobel Prize for Literature in 2022 for her body of work. I looked forward to the publication of *The Young Man*. So disappointing. This “book” is twelve pages long. That is not a typo. And is it a magnificent twelve pages? No. We seem to be

reading her notes, the ones she wrote and threw in a drawer, reminders of scenes she might develop into a book one day. When the day came, she decided to just publish the notes.

Thank you for letting me get this off my chest.

[Editor’s Note: All five books are available from Seattle Public Library in most formats. Marsha MacInnes and her husband Chris will move to Mirabella later this year. This is the third in a series of book reviews she has offered to The Mirabella Monthly.]

... TO BUFFALO BY JARED CURTIS

Mirabella resident Karen Smith traveled to Buffalo to visit her family and get a good view of the solar eclipse that was visible near her former home city in the early afternoon on Monday, April 8. To mark the occasion, she acquired a souvenir sweatshirt, which she proudly wears in the photo. She was not alone



Karen Smith

in breaking away to see this regular but semi-rare event in the Pacific Northwest: the next partial solar eclipse over North America will not occur until August 12, 2026. Peripatetic eclipse-viewing fellow residents were Rich Bebee, who flew to Buffalo with Karen; Sue Dillon, who joined her family near Austin, Texas; Helen Roberts, in Vermont at a state park on the shore of Lake Champlain; and Linda Morrison who sailed away to Mexico and then Hawaii, catching the sight en route. Paul Keown’s account of his experience with the moon-sun show starts on p. 19.

 **BIRTHDAYS**  § **POETRY CORNER** § **REMEMBERING**

HAPPY BIRTHDAY! MAY 2024

- 4 – Shirley Fike
- 7 – Ron Lewis
- 7 – Mike Waring
- 7 – Janet Seery
- 8 – Margot Hill
- 8 – Barbara Rottler
- 9 – Mandy Wertz

- 10 – Mike Mardesich
- 10 – David Olsho
- 13 – Janice Kaplan-Klein
- 13 – Allen Suver
- 14 – Mary Ann Knowles
- 14 – Jean Rolfe
- 14 – Bill Wall

- 18 – Linda Berkman
- 24 – Janet Stanton
- 25 – Celia Michael
- 28 – Pauline Saxon *100*
- 29 – Paul Kostek

Man in the Moon #2

BY JIM LUTZ

Linda fell in love
 With the man in the moon,
 But soon she learned
 He was only half the man
 She thought he was,
 And that he had
 A dark side.

Sonnet XI

Point Colville

BY JARED CURTIS

A zig-zag track winds through tall firs so thick
 the understory, low and sparse, still leaves
 a view of what’s ahead, affords a glimpse
 of light reflected off the waves that lap
 against the rocky cliffs. As wind soughs through
 the tops of trees above, it blends with sounds
 of gentle waters heard but not yet seen.
 Within this symphony the silence spreads
 and deepens into calm. As we emerge from trees,
 a sudden burst of light transforms the scene
 from quiet shade to sweeping views across
 the strait, to mountain ranges lit by sun
 and white caps rolling south to span the gap
 between—it is a piece of paradise.



REMEMBERING

Rita Wiklund 4/1/2024

Connie Jones 4/15/2024

Jim Lane 4/16/2024

Jake Crossley 4/20/2024



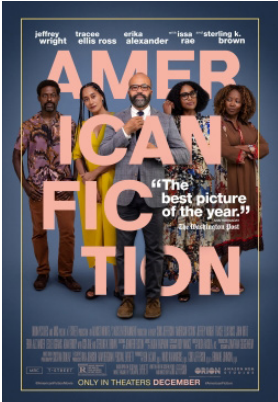
MAJOR MOVIES

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MOVIE CORNER

BY WARREN ASKOV



Poster for
"American Fiction"

On Saturday, May 4, we begin with *American Fiction*, a comedy-drama film written and directed by Cord Jefferson in his feature directorial debut. Jeffrey Wright plays Thelonious "Monk" Ellison who is a highly intelligent African American upper-class writer and professor in Los Angeles. Despite academic praise, his novels do not sell well. Publishers reject his

latest manuscript for not being "Black enough." At a writers' conference his session is poorly attended while a colleague, Sintara Golden, with similar credentials is presenting to a packed room. She has just written a bestselling novel *We's Lives in Da Ghetto* full of Black stereotyped situations and language. Monk is spurred by her success, his rejections, and by mounting bills from his mother's dementia to write a satirical novel filled with every Black cliché and trope he can muster. His book *My Pafology*, a fictional, first person account under the alias of Stagg R. Leigh, mocks the literary stereotypes expected from Black writers: melodramatic plots, deadbeat dads, gang violence, and drugs. What could be heavy handed satire becomes believable in Jeffrey Wright's subtle acting.

Anatomy of a Fall (Saturday, May 18) is a French legal mystery. It received multiple awards in France, including the top prize, the *Palme d'Or*, for director Justine Triet's "ferociously intelligent murder-mystery," as one critic described it. In the U.S. it was nominated for five Academy Awards including Best Picture, Best Director, Best Actress,

Best Editing, and won for Best Adapted Screenplay. It stars Sandra Hüller as Sandra Voter, a writer trying to prove her innocence in her husband's death. Her husband, university lecturer Samuel Maleski, has died after a fall from their chalet. He also shows head injuries that could have resulted from hitting his head while falling or from blows before the fall. Sandra and her husband are recorded on tape as having argued before the fall. A resulting trial rests on her testimony and that of their visually impaired son, Daniel, who uses a guide dog called Snoop. The director, Justine Triet, who also co-wrote the screenplay, handles the dialog in such a way as to contribute to the ambiguity of the trial verdict. We hear a verdict, but we are still left wondering.



Poster for
"Anatomy of a Fall"

The Imitation Game (2014). Showing on May 8, this older American biographical thriller is directed by Morten Tyldum from a script by Graham Moore and based on the 1983 Andrew Hodges's biography *Alan Turing: The Enigma*. Cryptologist Alan Turing (1912–1954), played by Benedict Cumberbatch, had devised a game for answering the question "Can machines think?" He called it "The Imitation Game," the title adopted for this film. Turing joins the British intelligence team at Bletchley Park in Britain and builds the machine that is able to decrypt German intelligence messages for the British government during World War II. The tensions of the film derive from both the race to defeat the Axis and Turing's struggles with his sexual identity.

For all movies in May and their dates and times, consult the sheet "Movies in Emerald Hall" available in the mailroom rack.



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Guide to Mirabella Publications

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How to Submit Events to MIRANET Upcoming Events and *Mirabella Weekly*

If you want information about events added to MIRANET, the

printed *Mirabella Weekly*, and the elevator sleeves, please send details to mbsrequests@retirement.org. Someone from the Resident Services team will filter through that box and make any necessary changes for publication on these media sites. Room bookings must be made in writing on the proper form and turned in to the Front Desk.

How to Submit Your Article, Story, News, or Event Report to *The Mirabella Monthly*

Before submitting copy, please proof it carefully for typos, spelling errors, accuracy of dates and times, and possible cuts or changes. Only original writing will be accepted. *The Monthly* is intended to showcase writing and images created by residents. We do not reprint internet captures, widely distributed emails, or previously published writing. The deadline for all submissions is the fifteenth of each month prior to the month of publication. Any piece submitted after this date will risk being held over. The length of your submission is negotiable, but the editorial team must work within the *MM* format and style. Guidelines are available on request. All written submissions

will be edited, formatted, and proofed by *Mirabella Monthly* staff.

Please email your submission to Jared Curtis at jaredcurtis@icloud.com. MS Word or RTF documents work best. Pages documents should be “exported” to Word format before submission. Submit paper copy to mailbox #801 as a last resort.

Tips for a successful submission:

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